

Factors Influencing Alcoholism and Drug Abuse among College Students with Special Reference to Coimbatore District

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ABSTRACT

Factors such as peer pressure, physical and sexual abuse, early exposure to drugs, stress, and parental guidance can greatly affect a person's likelihood of drug use and addiction. Genetic and environmental factors interact with critical developmental stages in a person's life to affect addiction risk. Beginning today, the Narcotics Intelligence Bureau (NIB) will be coordinating with the School and Higher Education Departments to kick-off a State-wide campaign to increase awareness about the ill-effects of drug abuse among school and college students. "Nearly 10% of the drugs that flows into the State, especially ganja are supplied to college students. Ganja and pharmaceutical drugs are mostly used by the students," said Abash Kumar. **Research design:** The researcher followed descriptive research design for the study. **Universe of the study:** 500 College students were chosen for information assortment the examining technique embraced for the current investigation is Non- Probability sampling. For the current examination the scientist utilize purposive testing technique to gather information from guardians. **Tools for data collection:** The Researcher Used Questionnaire as Tool of Data Collection. Drug Abuse Scale developed by Gregory Zimet (2016), this schedule has 27 statements. The study conclude that (16%) of the respondents are high level of alcohol & drug use, (72%) of the respondents are moderate level of alcohol & drug use, (12%) of the respondents are low level of alcohol & drug use.

KEYWORDS: Alcoholism and Drug Abuse

INTRODUCTION

The outbreak of drug abuse among the adult population has assumed alarming dimensions in India. Changing cultural values, increasing economic stress and dwindling supportive bonds are some of the major contributing factors. On past it was considered to be an issue among school students, college students, street children, working professionals, working and trafficked children, but now it was a vulnerable phenomenon affecting all segments of the society. According to him, the NIB has completely stopped ganja cultivation in Tamil Nadu, particularly in south districts. "The cultivation was once patronized by LTTE sympathizers and was a source of finance for them. The Andhra Pradesh government is currently engaged in fighting the war against these elements," says Mr. Abash Kumar. To an extent 'Idukki ganja' is also smuggled into Tamil Nadu.

"We are coordinating with the Railways and State Transport Department to thwart attempts to smuggle ganja into the State by Trains and Lorries," he says. Those needing assistance to come out of drug and alcohol addiction can contact the toll-free helpline - 1800 – 11 – 0031 - set up by the Union Ministry of Social Justice and Empowerment.

Drug Abuse Statistics:

Beginning today, the Narcotics Intelligence Bureau (NIB) will be coordinating with the School and Higher Education Departments to kick-off a State-wide campaign to increase awareness about the ill-effects of drug abuse among school and college students. "Nearly 10% of the drugs that flows into the State, especially ganja, is supplied to college students. Ganja and pharmaceutical drugs are mostly used by

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the students,” said Abash Kumar, ADGP crime, who heads the NIB. In 2018 till May, the NIB has booked 693 cases, arrested 709 persons and seized over 2 crore worth narcotics across the State. Last year, a total of 1,909 cases were booked, 2,016 persons arrested and over 16 crore worth narcotic substances were seized. The department is now trying to prevent it by creating awareness among the students. “We will be picking one school and college in each area and conducting awareness programmes and competitions to create awareness about the dangers of narcotic substances,” he says. “In many colleges using some form of narcotics has become a fashion statement. What was once a designer lifestyle among a few rich people in the metros has permeated down to the masses,” he notes.

DEFINITION

Drug: A medicine use of medicine or a substance used in the making of and, when used within the context of the illegal drugs, has been interchanged freely with the term 'narcotics'.

Alcoholism is the inability to control drinking due to both a physical and emotional dependence on alcohol.

Drug Abuse, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication.

STATEMENT OF THE PROBLEM

One of the difficulties in worldwide chronic disease prevention is decreasing drug abuse utilize, especially in developing nations like India. In India, the beginning of drug abuse products usage usually happens in adolescence, with an expected average of 5500 young individuals starting to use drug abuse every day. Any increase in the prevalence of drug abuse use will translate to even greater rates of premature disability and death in India. The problem for the present investigation is study the major factors influencing alcoholism and drug abuse among students in the colleges of Coimbatore Districts, Tamil Nadu. Study is entitled: “**Factors influencing alcoholism and drug abuse among college students**”.

SCOPE OF THE STUDY:

The present study is expected to throw light on the factors influencing alcoholism and drug abuse among students in the colleges of Coimbatore Districts, Tamil Nadu. It is hoped that the study would contribute to a better understanding of the various circumstances that lead the student community to alcoholism and drug abuse. It is hoped that the findings of the study would be helpful in checking this social malady most effectively. The findings of

the study, it is hoped, to be of much use in educational planning and execution of programmes of guidance and counselling for alcoholics and drug abuse in colleges. The findings of the study would also be helpful for school/college counsellors ' and curriculum framers to prepare need based drug abuse education programmes.

REVIEW OF LITERATURE

R R Jha et.al (2015) conducted a pre-experimental study on lifetime use of alcohol in high school students of Bhubaneswar. Data was analyzed for 863 students aged 12-17 years with a participation of 58.8% boys and 41.2% girls. Among all 8.2% had taken alcohol at least once in their lifetime. 43.6% were current drug users. Friends and family members had major influence in decision on taking alcohol. Knowledge about harmful effect of alcohol was adequate. Need of crucial intervention at middle and high school level to prevent the alcohol related disorders among young adults

Adidela Praneet Reddy et.al (2014) conducted a descriptive study on prevalence and pattern of substance abuse among street children and adolescents among 603 street children and adolescents. More prevalence observed among the age group 11-14 and dropped out of school. Smoking tobacco and inhalational abuse are more when compared to other types of substance abuse. Correction fluid and glues are generally used by them as inhalants. Influence of peer pressure acted as the major factors of influence of drug abuse. Among the samples 52.80% samples were aware about the ill effect of drug abuse and 41.2 were not aware about the ill effect of drug abuse.

Methodology of the Study

Objectives of the Study

- To find out personal profile of the respondents.
- To assess the level of alcoholism and drug abuse among college students.
- To evaluate the factors influencing alcoholism and drug abuse among college students.
- To find out association between personal profiles and alcoholism and drug abuse among college students.
- To find out the relationship between personal profile and alcoholism and drug abuse among college students.
- To valuable suggestion about alcoholism and drug abuse among college students.

Research design: The present study is descriptive in nature. The study attempts to describe the personal profile and factors influencing alcoholism and drug abuse among college students.

Universe of the study: The universe of the current examination is the Coimbatore Districts.

Sampling: 500 College students were chosen for information assortment the examining technique embraced for the current investigation is Non-Probability sampling. For the current examination the scientist utilize purposive testing technique to gather information from guardians.

Tools for data collection: The Researcher Used Questionnaire as Tool of Data Collection. Drug Abuse Scale developed by Gregory Zimet (2016), this schedule has 27 statements and 7 point scale reliability Alpha = .8913. The information was dissected utilizing different factual devices like straightforward rate, autonomous t-test, and ANOVA.

Finds of the Study

Factors	Medium	Frequency	Percentage %
Age	21yrs-25yrs	335	67.0%
Gender	Male	285	57.0%
Educational Qualification	Arts	350	70.0%
Type of family	Nuclear family	395	79.0%
Annual income	Below Rs75000-Rs150000	390	78.0%
Purpose	Others	230	46.0%
Induce	Friends	255	51.0%
Reason	Friends	255	51.0%
Age group	Adolescent	265	53.0%

Simple Percentage Analysis

- More than half (67%) of the respondents belong to the Age group of 21yrs-25yrs.
- Nearly half (57%) of the respondents belong to the Male category.
- Majority (70%) of the respondents belong to Arts.
- Majority (79%) of the respondents live in Nuclear family.
- Majority (78%) of the respondent's annual income is below Rs 75000- Rs 150000.
- Less than half (44%) of the respondents purpose is stress.
- Nearly half (51%) of the respondents induce is friends.
- Nearly half (51%) of the respondents reason is friends.
- Nearly half (53%) of the respondents age group is adolescents.

DISTRIBUTION OF THE RESPONDENTS BY LEVEL OF ALCOHOL & DRUG USE

S. No	Level of Alcohol & Drug Use	No. of Respondents	Percentage (%)
1	High (112-200)	80	16.0
2	Moderate (65-111)	360	72.0
3	Low (0-64)	60	12.0
TOTAL		500	100

INTERPRETATION

The above table shows that (16%) of the respondents are high level of alcohol & drug use, (72%) of the respondents are moderate level of alcohol & drug use, (12%) of the respondents are low level of alcohol & drug use.

Influence of socio economic factors and level of alcohol & drug use

Variables	Statistical tool	Value	Result
Age and alcohol & drug use	ANOVA	F= .134 P>0.05	Not-Significant
Gender and alcohol & drug use	t-test	t = .002 p<0.05	Significant
Type of family and alcohol & drug use	t-test	t = .001 p<0.05	Significant
Purpose and alcohol & drug use	ANOVA	F= .001 P<0.05	Significant
Educational Qualification and alcohol & drug use	ANOVA	F= .282 P>0.05	Not-Significant
Annual Income and alcohol & drug use	ANOVA	F= .943 P>0.05	Not-Significant
Induce and alcohol & drug use	ANOVA	F= .008 P<0.05	Significant
Reason and alcohol & drug use	ANOVA	F= .016 P<0.05	Significant
Age group and alcohol & drug use	ANOVA	F= .028 P<0.05	Significant

- There is significant difference in the mean scores of the respondents based on their gender.
- There is significant difference in the mean scores of the respondents based on their type of family.
- There is no significant difference in the mean scores of the respondents based on level of alcohol with respect to different age group of the respondents.
- There is no significant difference in the mean scores of the respondents based on level of alcohol with respect to different educational qualification of the respondents.
- There is no significant difference in the mean scores of the respondents based on level of alcohol with respect to different annual income of the respondents.
- There is significant difference in the mean scores of the respondents based on level of alcohol with respect to different purpose of the respondents.
- There is significant difference in the mean scores of the respondents based on level of alcohol with respect to different induce of the respondents.
- There is significant difference in the mean scores of the respondents based on level of alcohol with respect to different reason of the respondents.
- There is significant difference in the mean scores of the respondents based on level of alcohol with respect to different age group of the respondents.
- The proper avoiding places where you know drugs and alcohol will be available.
- To surround you with friends who don't use drugs, it helps yourself too busy and haven't thought of using alcohol and drugs.
- The knowledge of knowing how to resist temptation is useful for avoiding alcohol.
- The learning of how to cope with stress and relax without drugs.
- To distract yourself with activities like exercise or listening to music.

CONCLUSION

The drug abuse rate gradually increased with advancement of each academic year i.e., from 24% in the first year to 74.4% in the final year, being maximum (84.5%) in the age group of 25-29 years. The prevalence among boys (58.4%) was significantly higher than that among girls (25.9%). Hostellers were found to be more drug users than non-hostellers. In the pattern of drug abuse, 12.6% of students used tobacco only and 3.6% alcohol only. Most commonly used combination was alcohol, tobacco and other drugs which constituted 12.7% of students. The problem of drug abuse among students and as such in community is a multi-faceted problem with multi-factorial etiology. In fact drug abuse is not a simple problem but a social pathology whose roots are deeply penetrated in the society. Involvement in drug abuse can lead to depression and vice-versa. This can form a vicious cycle and thus ruin the lives of most productive part of our community that is young adolescent students. This study conclude that (16%) of the respondents are high level of alcohol & drug use, (72%) of the respondents are moderate level of alcohol & drug use, (12%) of the respondents are low level of alcohol & drug use.

Recommendations

- Teens should be physically active and do exercise at least 60 minutes of every day.
- To develop their skills recreational activities like music, dance and yoga needed to stop or reduce drinking.
- The way of helping to build a strong social support system and maintain the good physical condition of body.
- To work functionally and to set reachable goals for changing the habits of alcoholic and drug abuse.
- While set yourself a drink limit and count your drinks it helps to reduce intoxication.
- To should keep up your water and food intake because it keeps your body healthy and actively.
- To avoid unsupervised and unsafe environment for example strangers or at large events and parties where there are no adults.

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